

- Break Leftovers Down

 Separate leftovers into individuallysized containers then that way you will reheat enough for only one helping.
- Say Yes to Salads Eating a salad before lunch or dinner will prevent you from overeating by curbing your appetite and make you feel fuller sooner.
- Single out Trigger Foods— Buy snack foods in single serving sizes or divvy up full size packages into smaller, individual bags.
- Master Mini Meals Keep your blood sugar at an even keel and keep hunger at bay by eating healthful small meals throughout the day.
- Keep Seconds Out of Sight

 At dinner keep pots and dishes away from the table where it's all too easy to go for seconds.
- Make Meat a Side Dish
 Loading up on veggies and healthy
 grains will make you feel fuller sooner and provide extra
 vitamins and fiber.
- Meet Yourself Halfway— At work, split take out with a friend. At a restaurant, pack up half of your meal before you even start eating.
 - Be a Kid at Heart (or Tummy?)- Order a kid's sized meal when you eat at fast food places to automatically control portions.

Serving Standards – Learn to "eyeball" portion sizes: 3 oz. of meat is the size of a deck of cards; 1 cup of potatoes, rice or pasta is the size of a tennis ball.

Treat Yourself – Indulge! Treating yourself every once in a while will keep you from feeling deprived.

Source: www.about.com

